

Family Readiness Groups (FRGs)

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Summary

FRGs are an official command-sponsored organization of Family members, volunteers, and Soldiers belonging to a Unit. Together they provide an avenue of mutual support and assistance, and a network of communications among the Family members, the chain of command, and community resources. FRGs create a climate of mutual support within the Unit and community. Basic FRG goals include supporting the military mission through provision of support, outreach, and information to Family members.

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Quick Guide: How to find a local FRG

1. Access the [Army Family Readiness Group Website](#)
2. Click on “Find an FRG” located on the top right of the screen
3. Select your State or country
4. Select FRG from the displayed list
 - a. To narrow the list, click on the component (Active, National Guard, Reserve, DoD Civilians, All) or use the drop down to select the military community
5. Add Soldier’s information
 - a. If you are a Family member, select “Family Member” from the drop down box, enter your Soldier’s first & last name, your email address & phone number, Sponsor’s first & last name and the last four digits of their SSN
 - b. If you are a Sponsor or a DA civilian serving for a Unit, select “Sponsor” from the drop down list and enter the last four digits of your SSN, first & last name, email address, and phone number
6. Click on “Continue”
7. Receive contact information about your local FRG

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Frequently Asked Questions

Q. What are the goals of an FRG?

- A. Based on the FRG mission, the following are some goals of an FRG:
- Increase Soldier and Family morale

- Prepare Soldiers and Families for deployment
- Reduce Soldier and Family stress
- Reduce Unit leadership workloads
- Assist Families in becoming more self-sufficient

Q. Who can belong to an FRG?

- A. Anyone interested in providing assistance to Soldiers and their Family members can join an FRG. This includes but is not limited to:
- Soldiers from any service
 - Spouses
 - Children
 - Friends
 - Relatives
 - Retired Soldiers from any service
 - Employees
 - Community members

Q. Are FRGs the same as military spouses' clubs or social clubs?

- A. No, FRGs are open to all Soldiers, regardless of their rank, all Family members, and people from local communities. Also, FRGs are organized and directed by members.

Q. Is a Soldier's career affected by Family participation in a FRG?

- A. No, FRG involvement is voluntary and does not affect a Soldier's career advancement.

Q. Who chooses the FRG leader?

- A. Officially, the Unit Commander appoints an FRG Leader, in writing. Some groups may choose to have a vote or ask for volunteers. However, the ultimate decision is always the right and responsibility of the Unit commander.

Q. What is the role of the Unit Commander?

- A. The Commander's role is to establish and support the FRG and the volunteers who lead the group. The FRG is the Commander's program and it is their responsibility to ensure information is shared with the Unit Families whether the Unit is in garrison or deployed. They also appoint, in writing, the FRG Leader, Liaison, and Treasurer and approve the newsletter for distribution and any Unit fundraisers.

Q. What is the role of the FRG Leader?

- A. The FRG Leader supports the Commander's Family readiness goals and ensures that Unit news is communicated to the family members. They also recruit and motivate volunteers to serve on committees and delegate FRG responsibilities to the selected Chairpersons. The FRG Leader acts as a Unit FRG spokesperson for communicating Family members' concerns and ideas to the Unit commander and serves as a member of the battalion-level steering committee.

Q. What is the role of a Family Readiness Support Assistant (FRSA)?

- A. The FRSA serves as the Commander's advisor on the Unit's FRG program and performs a variety of clerical and administrative duties in support of the Commander and volunteer FRG leaders. As such, the FRSA contributes to combat readiness by promoting efficient and effective communication between the Command, FRGs and all Family members. The FRSA maintains coordination of FRG activities within the Unit and updates the Commander on the program status, controversial issues and services available to Soldiers and their Family members. The FRSA works closely with the Army Community Service staff and other installation, state or regional resources to remain aware of the latest changes in Family readiness programs across all components. FRSAs will also continually maintain updates on all referral information concerning Army Family policy and community resources; be prepared to answer questions from the Unit Commander, staff and FRG leaders; and provide updates on the status of the Unit's Family readiness.

Q. What is a vFRG?

- A. The Army FRG website provides a secure environment in which information, resources, and support are available to Soldiers and their Family members 24 hours a day, regardless of their geographic location. A Unit's virtual FRG site (vFRG) promotes a community feeling within Army Units by providing a place that is customized to the Unit and contains content that is controlled by the Unit. Army FRG provides all of the functionality of a traditional FRG in an ad-hoc and online setting to meet the needs of geographically dispersed Units and Families across all components of the Army. Army FRG is a Commander's tool that allows them to communicate directly to Soldiers and Family Members. Unit vFRG sites can be accessed any time to view information and photos, read stories, ask questions, participate in forums, and much more.

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Links

- [National Guard Family Program](#)
This website site provides the mission and vision of the National Guard Family program, information about the partnerships the National Guard has formed with local, regional, and national communities, and information about financial, household, and emotional support.
- [Army Family Readiness Group](#)
This website provides information on how to find a FRG and details about vFRG.
- [Army OneSource – Family Readiness Group](#)
This website provides information on what an FRG is and the benefits Soldiers, Family members, and Unit Commanders can receive from an FRG.
- [Hooah 4 Health – Make the Most of Family Readiness Groups](#)
This website provides information on how can belong to an FGR, why FRGs are important, and volunteer ideas.

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References

Regulations

- [AR 600-20, Army Command Policy](#)
- [AR 608-1, Army Community Service Center](#)

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Points of Contact

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